

	City of Plano Swimmers Speedo 41st Annual Greater Southwest Invitational January 27-29, 2023	
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- Sanction #:** NT 001-23
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- APT:** Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USAS account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.
- Venue:** Garland ISD Natatorium – 2585 Firewheel Pkwy Garland, TX 75040
- Facility:** Garland ISD Natatorium will be set up with two 8 lane 25-yard pools for prelims.
Finals - one 8 lane 25-yard pool.
Colorado timing system and Hy-Tek meet manager will be utilized (primary timing system to touchpad with button time and stop-watch time as backups.)
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 8 inches at the start end and the turn end is 6 feet, 8 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4)
- Safe Sport:** Spectators are not allowed on the pool deck. Garland ISD has a clear bag policy for spectators. Swimmers will have designated locker rooms for their exclusive use. Coaches, officials, and volunteers will have access to designated restrooms on deck. Spectators will have access to restrooms in spectator areas.
- Sanction:** This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2023 with USA Swimming by the meet start date.
North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
- Liability:** In granting this sanction and by any persons participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, GISD, GISD shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet.
Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer’s team, if attached, to be held accountable for repairs.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be 2023 registered with USA Swimming. **All Coaches are required to complete the USADA Coaching Advantage and all officials and coaches are to have completed Concussion Protocol Training.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID Card or USA Swimming App as proof of their registration to the Meet Director or designee at any time. Swimmers who need to be late-entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID card or USA Swimming App (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: The meet will be run as a prelims/ finals meet on all 3 days. Two pools will be run in prelims, one pool for finals.
10 & under events - one A final of 8 swimmers
11 & over events - one A final of 8 swimmers, one B final of 8 swimmers

****There will be a ZOOM coaches meeting held on Wednesday, 1/25. Information will be sent out the week prior.****

Seeding and

Check-in: All sessions will be championship seeded according to USA Swimming regulations.
All events will be swum fastest to slowest
500 free and 400 IM will require positive check in 30 minutes before session starts.
500 free and 1650 free will require their own counters and timers.
1650 Free, positive check in required by 8 am Sunday morning. These events will be swum alternating girls and boys.

Scratches: Scratches for all final events are required as outlined in the current USA Swimming, Inc. rules 207.11.6D and 207.11.6E. Additionally, first and second alternates shall be announced along with the qualifiers for finals heat. These alternates shall not be penalized if unavailable to compete in the Finals. For A and B Finals, those swimmers who qualify and then fail to declare their intention to scratch to the Clerk of Course within thirty (30) minutes of their last event of that session and fail to compete in the event in the Finals will be barred from all subsequent competition in the meet. Swimmers may be excused from this penalty by the Meet Referee because of illness, injury or situations beyond the swimmers' control.
Swimmers will not be penalized for Failure to Compete in an event during prelims; however, it will count as an event towards the total number of events per meet restrictions. Swimmers may be excused because of illness, injury, or situations beyond the swimmers' control at the discretion of the Meet Referee.

Qualifying

Times: **13 and over swimmers can compete in events in which they have an A time or faster.**
12 and under swimmers must have one A time to enter the meet but can swim events in which they have BB times or faster.

Age-Up Date: The age of the swimmer will be his/her age on January 27, 2023.

Restrictions: Athletes will be allowed to enter and compete in a maximum of 3 individual events per session, and 1 relay per session.
Entry

Relay: All Relays will be swum at Prelims, fastest to slowest. **Only A and B relays will be accepted from each team.** Only swimmers who qualify and are entered in the meet are allowed to swim any relay events. All relay cards are due at the Clerk of Course before 6:00PM, the day before the relay events. For Friday's relay events, relay cards are due 1 hour prior to the start of the prelims session on Friday.

Deadline: Entries shall be received, not later than 6:00PM Central Time, on Thursday, January 19.

Entry

Procedures: All entries must be on Hy-Tek Meet Manager
Dean Mijares
City of Plano Swimmers, Inc.
Address: 2925 W. 15th St. Plano, TX 75075
Email: entries@planoswimming.org
Phone: 972-398-7946

Entry Fees: Individual event entries \$10.00. Relay entries \$15.00. We will apply a \$25 surcharge per swimmer which includes the \$3.00 North Texas surcharge to each participating swimmer.

Please include a Meet Entry Fee report with your payment. Entry fees must be received by Monday, January 23 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to City of Plano Swimming

Send checks to

City of Plano Swimmers

2925 W. 15th St.

Plano TX, 75075

Deck Entries: No Deck Entries allowed.

Meet Staff:

Meet Referee: Bryce Leach, email: bryce.leach@ntswim.org, Kenneth Chung

Starter: Adriane Sparks, Christy Maycock

Stroke & Turn Officials: Amanda Wygant, Scott Bryson, John Seaman

Admin Official: Robert Steffner email: Robert.steffner@ntswim.org

Meet Director: Madi Wyatt – (972) 398-7946

Head Safety Marshall: Pete Calabrese

Club Safe Sport Chair: Karen Sakalys

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Drone

Restrictions: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Unaccompanied

Swimmers/

Racing Starts: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmer

Photographs

and Videos: By entering this competition, you agree to be videoed or photographed for the purpose of live streaming during the meet for parents and family to observe the competition outside of the venue.

Deck

Changing: Deck changes are prohibited.

Swimmers with

Disabilities: Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the completion and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment.

In any meet sanctioned or approved by North Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be judged under Article 105.

Officials: All currently certified USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2023, have a current Background Check, current Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

This meet is planned to be an Official Qualifying Meet (pending approval) for officials seeking N2 or N3 certification or re-certification for all positions. We will be able to do all certifications on a first come first serve basis via the Application to Officiate below.

All officials should pre-register/apply to officiate via [Google Form](#) by January 19, 2023: For consideration at assigned positions and or advancement evaluations, please apply no later than January 13th.

All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary and timed finals sessions will be white polo shirt over navy blue shorts / pants / skirt as appropriate. Finals uniform will be white polo shirt over navy blue pants / skirt (NO shorts) as appropriate. White shoes for all sessions.

Timers: The host team will attempt to provide backup timers for this meet but volunteers from visiting teams may be needed. Swimmers will need to provide their own timer and counter for 500 free and 1650 free.

Awards: An award will be given to 1-8 place of each event. Top 3 receive medals, 4-8 receive ribbons. Swimmers may pick up their award at the awards table, any awards not collected will be mailed to the coach. Ribbons will be given to top 3 relays only.

Sunday 1650 will receive awards as shown above.

High point awards will be given to top scoring athlete in their respective age group and gender. Team high point award will be given to highest scoring team.

Kathy Kuipers Spirit Award: Awarded to the team who exhibits the highest level of sportsmanship throughout the meet.

Hot Heat: Winners of these randomly selected heats will win a prize. Hot heats will be announced prior to or during the heat.

**Daily
Schedule:**

Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template.

Warm-up details will be sent to coaches no later than Monday, January 23. Please note that the following start times are meet-host best estimates.

Meet-host holds the rights to modify warm-up/start times after the entries are received and a meet timeline is established. Each team will be responsible for disseminating this information to their members.

Friday January 27, 2023

Session 1: Prelims Start 8:00am

Session 2: Finals Start 5:00pm

Saturday January 28, 2023

Session 3: Prelims Start 8:00am

Session 4: Finals Start 5:00pm

Sunday January 29, 2023

Session 5: Prelims Start 8:00am

Session 6: Timed Finals Start 12:00pm

Session 7: Finals Start 4:00pm

Order of Events
Distances are in (SC yards)

Friday, January 27

Session 1 Prelims start: 8 AM Session 2 Finals start: 5 PM

<u>1</u>	<u>10 & under 200 free</u>	<u>2</u>
<u>3</u>	<u>11-12 200 free</u>	<u>4</u>
<u>5</u>	<u>13-14 200 free</u>	<u>6</u>
<u>7</u>	<u>15 & over 200 free</u>	<u>8</u>
<u>9</u>	<u>10 & under 200 medley relay</u>	<u>10</u>
<u>11</u>	<u>11-12 400 medley relay</u>	<u>12</u>
<u>13</u>	<u>13-14 400 medley relay</u>	<u>14</u>
<u>15</u>	<u>15 & over 400 medley relay</u>	<u>16</u>
<u>17</u>	<u>10 & under 50 back</u>	<u>18</u>
<u>19</u>	<u>11-12 50 back</u>	<u>20</u>
<u>21</u>	<u>13-14 100 back</u>	<u>22</u>
<u>23</u>	<u>15 & over 100 back</u>	<u>24</u>
<u>25</u>	<u>10 & under 50 fly</u>	<u>26</u>
<u>27</u>	<u>11-12 50 fly</u>	<u>28</u>
<u>29</u>	<u>13-14 100 fly</u>	<u>30</u>
<u>31</u>	<u>15 & over 100 fly</u>	<u>32</u>
<u>33</u>	<u>10 & under 200 IM</u>	<u>34</u>
<u>35</u>	<u>11-12 200 IM</u>	<u>36</u>
<u>37</u>	<u>13-14 400 IM</u>	<u>38</u>
<u>39</u>	<u>15 & over 400 IM</u>	<u>40</u>

Saturday, January 28
 Session 3 Prelims start: 8 AM Session 4 Finals start: 5 PM

<u>41</u>	<u>10 & under 100 back</u>	<u>42</u>
<u>43</u>	<u>11-12 100 back</u>	<u>44</u>
<u>45</u>	<u>13-14 200 back</u>	<u>46</u>
<u>47</u>	<u>15 & over 200 back</u>	<u>48</u>
<u>49</u>	<u>10 & under 200 free relay</u>	<u>50</u>
<u>51</u>	<u>11-12 400 free relay</u>	<u>52</u>
<u>53</u>	<u>13-14 400 free relay</u>	<u>54</u>
<u>55</u>	<u>15 & over 400 free relay</u>	<u>56</u>
<u>57</u>	<u>10 & under 100 breast</u>	<u>58</u>
<u>59</u>	<u>11-12 100 breast</u>	<u>60</u>
<u>61</u>	<u>13-14 200 breast</u>	<u>62</u>
<u>63</u>	<u>15 & over 200 breast</u>	<u>64</u>
<u>65</u>	<u>10 & under 100 free</u>	<u>66</u>
<u>67</u>	<u>11-12 100 free</u>	<u>68</u>
<u>69</u>	<u>13-14 100 free</u>	<u>70</u>
<u>71</u>	<u>15 & over 100 free</u>	<u>72</u>
<u>73</u>	<u>10 & under 500 free</u>	<u>74</u>
<u>75</u>	<u>11-12 500 free</u>	<u>76</u>
<u>77</u>	<u>13-14 500 free</u>	<u>78</u>
<u>79</u>	<u>15 & over 500 free</u>	<u>80</u>

Sunday, January 29

Session 5 Prelims starts 8 AM, Session 7 Finals starts 4 PM

<u>81</u>	<u>10 & under 100 IM</u>	<u>82</u>
<u>83</u>	<u>11-12 100 IM</u>	<u>84</u>
<u>85</u>	<u>13-14 200 IM</u>	<u>86</u>
<u>87</u>	<u>15 & over 200 IM</u>	<u>88</u>
<u>89</u>	<u>10 & under 100 fly</u>	<u>90</u>
<u>91</u>	<u>11-12 100 fly</u>	<u>92</u>
<u>93</u>	<u>13-14 200 fly</u>	<u>94</u>
<u>95</u>	<u>15 & over 200 fly</u>	<u>96</u>
<u>97</u>	<u>10 & under 50 breast</u>	<u>98</u>
<u>99</u>	<u>11-12 50 breast</u>	<u>100</u>
<u>101</u>	<u>13-14 100 breast</u>	<u>102</u>
<u>103</u>	<u>15 & over 100 breast</u>	<u>104</u>
<u>105</u>	<u>10 & under 50 free</u>	<u>106</u>
<u>107</u>	<u>11-12 50 free</u>	<u>108</u>
<u>109</u>	<u>13-14 50 free</u>	<u>110</u>
<u>111</u>	<u>15 & over 50 free</u>	<u>112</u>

Session 6
Timed Finals - Starts 12 pm

<u>113</u>	<u>13&over 1650 free</u>	<u>114</u>
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NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
 - c. Dive sprints may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	1 and 10	2 and 9	3 through 8
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes—circle swimming only.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following:
 1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "North Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.